



MIND FEST 2019

**April 1st 2019
5pm - 9pm**

**Dorking Minds
and Ashcombe
school present...**

**A festival of
ideas, talks
and info around
mental health
and wellbeing.**



@mindfestdorking



Mindfest Dorking



mindfestdorking

events.dorkingminds@gmail.com

WELCOME TO **MINDFEST 2019**

This is a unique event. Prepare yourselves for a host of activities, advice and speakers who'll share an insight into all aspects of mental health.

And don't be afraid to try something new. There are taster activities such as art therapy, journaling and mindfulness taking place in Classrooms by the Main Hall.

Members of local sports clubs and special interest groups are keen to share their experiences of linking physical pursuits with mental resilience.

We have a healthy food café – yes, diet can be a factor too - where you'll find local musicians, a choir and ambient music in the form of world-famous Rob Hulford.

Pop into the Study Centre and have a chat with voluntary groups, charities and professionals all willing to share their experience. There's a range of self-help books on sale too.

Our aim here is simple - to create a community response to the increase in mental ill health at all levels and ages of society. We're focussing on the 13-25 age range and have chosen to concentrate on prevention, and therefore on creating resilience.

We hope that you will leave this event with a range of resources and strategies that you can call on whenever you feel mentally or emotionally challenged.

Ambassadors wearing a *Dorking Minds* t-shirt, or lanyard, are here to help or direct you to the right people and places.

Remember the final speaker session is in the Main Hall at 8pm. Josh Connolly is a young man who has been to the edge with his mental health and survived. We think you will find his session inspirational.

We welcome your feedback (there is a box by the reception desk in the foyer). If it has helped you – let us know how. If we got something wrong – let us know how we can improve.

Finally – this is an event that has been organised by volunteers. So big thanks to all of the MINDFEST team but especially The Ashcombe School. They have been brave partnering up with us on what is a totally new approach to community mental health.





Ranmore Hall

Join us in the Main Hall for live music, food from the Mindfest Moody Food Café, and information about local organisations that are available to you. Don't forget Josh Connolly at 8pm on the stage!

On the Stage

6.00-6.30 Birch Tree Choir - A local group singing to create all round health and resilience. Benefits of singing include easing stress and anxiety, lowering blood pressure and reducing depression.

6.30-7.00 Josh Suggitt - Former Ashcombe Student on guitar.

7.00-8.00 Rob Hulford - *Rob will play some of his music and all you will have to do is choose a delicious drink and snack from the café and chill out.*

8.00-9.00 Josh Connolly - *As a small child Josh suffered the impacts of living with an alcohol dependent father, who subsequently died as a result of his dependency, when he was just 9 years old. Although he didn't know it at the time, this was going to have a huge influence on the way that he saw the world, but this is a story about all that he has learnt and now shares with others to help them along their own learning curves. It is, in short, a story about SURVIVAL and RESILIENCE.*

In the Main Hall

Acupuncture for Mental Health - *Clare De Fraga Gomes will share information about her successes with this ancient technique when tackling mental health issues.*

Belong - *A proactive service looking to meet the needs of children and young people whatever stage they're at. Steve Tait has worked in the local community for many years.*

Be Me Project - *Inspiring girls and women to find, celebrate and embrace their real identity, to be equipped to cope with the world's pressures and to understand they are uniquely and wonderfully made for purpose.*

Book Shop – *Books available for sale by kind permission of Cobham Independent Bookshop. Cash only on the day.*

Dorking Forest School Rangers - *Aims to provide a fun, challenging but safe, outdoor environment where creative play and learning can take place naturally. Their ethos is based around Forest School principles of self-initiated play and learning, scaffolded by the many fun woodland activities they can offer.*

Dorking Leisure Centre - *The DLC team will be on hand to share the many benefits of physical wellbeing when it comes to becoming mentally resilient. Make sure you go to their stand to get your free pass for the Leisure Centre for a week!*

Dorking Wanderers FC – *Not just the town's football team, but a wealth of support and resources for young men trying to find themselves through sport.*

Graffiti Wall - *An opportunity for people to express themselves in response to some key questions about mental health and wellbeing.*

Kathryn Lovewell - *Teacher and author on a mission to encourage schools to teach from the inside out. She has worked in all sectors of education, including prisons. Kathryn works with mindfulness-based stress reduction.*

Mango Education and Wellbeing Consultancy - *MANGO stands for Mindfulness, Activity, Nutrition, Growth, Opportunity. Sally King's focus is on resilience and teaching tools for wellbeing to young people.*

Mole Valley Girls FC – *A girl's only football club catering for girls of all abilities from age 7 upwards with teams competing in the Surrey County Women's League.*

Mindfest Moody Food Café - *Our team will be providing healthy versions of favourite foods with a focus on the effects that food can have on our general mood and wellbeing. Particularly useful in the run up to exams for both students...and parents.*

Patchwork Garden Project - *A wonderful local gardening project established in 2014 to bring positive change to people's lives through the benefits of friendship and gardening.*

Surrey Police - *On hand for anybody uncertain about the role of the law with regards to mental health issues and areas such as addiction.*

The Surrey Hills Adventure Company - *Learn about the all-round health benefits of many outdoor pursuits with the SHAC team.*

Classrooms

Along the corridors around the Main Hall there will be workshops and drop in sessions. Some are timed and others you can dip in whenever you want.

R4 - Dealing with Trauma Workshop - *Tom Stimpson MBE served in Iraq and Afghanistan and will share his experiences with PTSD and how we can all be affected by trauma i.e. living through divorce or bereavement. He will run hourly workshops to discuss signs of trauma and the techniques for recovery. 5.00pm, 6.00pm and 7.00pm.*

R11 - HED Talks - *A series of short films with the focus on mental health and wellbeing. Dip in and out as you want but please be respectful of others viewing!*

R12 - CBT Mini Workshop - Dorking Healthcare Talking Therapies
5.30-6.15 - Stress Management using Cognitive Behavioural Therapy
6.30-7.15 - Managing Anxiety with Cognitive Behavioural Therapy
7.15-8.00 - Informal questions and answers

R13 - Writing for Wellbeing – Unravelling how **journaling** can support our mental health and wellbeing and maintain resilience with Heather Shakespeare.

R14 - How can creative endeavours support our mental health? An opportunity to toe dip into **Photography** with Sally Hornung and **Art Therapy** with Julia Sciacaluga.

R15 - Decluttering – Belinda Knox is a wellness coach who specialises in decluttering, exploring the links between our physical and mental storage spaces. Great if you are about to spring clean.

R16 - Rob Hulford Chill Out Room - Come and relax with Rob's ambient sounds, beautiful music to sooth your mind.

R17 - Relate Anxiety Workshops - Will explain how low-level anxiety affects us and teaching coping strategies for dealing with exam stress. 5.00pm, 6.00pm and 7.00pm.

R18 - Mindfulness Taster Workshops - Local specialist Breathworks teacher Stepen Edgar at 6.00pm and 7.00pm.

Study Centre

We have many organisations and professionals both locally and nationally that can offer advice and support when needed. You can find the ones listed below in our Study Centre.

Action for Carers - Champions of Carers rights offering practical services and essential support to both adult and young carers in our community.

Catch 22 - Surrey Young People's Substance Misuse Service (SYPSMS) is a county-wide specialist treatment service offering one-to-one support to young people and their families, a 24 hour helpline, counselling and pharmacological support, as part of a tailored recovery approach for young people aged 11 to 21 years-old.

Charlie Waller Memorial Trust - The Trust was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. Shortly after his death, his family founded the Trust in order to educate young people on the importance of staying mentally well and how to do so.

Community Youth Works – Jeremy Crouch and Stephanie Stevens are Community Youth Workers with a broad knowledge of Surrey-wide services. Stephanie is involved with the Safe Havens project, an

innovative initiative currently running in four Surrey towns offering mental health in an informal supported space.

CYP Haven - *A mental health and emotional wellbeing crisis drop-in for children and young people aged 10-18 in Surrey.*

Dorking Minds - *A local volunteer group that aims to help people in the area to take control of their mental health. There will also be information available from other organisations who sent their apologies for this evening; including Stem4.*

ESRA - *Employment Support Retraining Agency is a leading provider of specialist employment and training services. Sarajane Ferris is dedicated to supporting people who experience mental ill-health, and their employers, in and around Surrey.*

GIRES - *A UK wide organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.*

Holli Rubin - *A psychotherapist, body-image specialist and mental health practitioner whose goal is to raise awareness of body image and provide a platform for girls to begin to understand their relationship with their own bodies and to ultimately live comfortably in them.*

Kooth - *Free, safe and anonymous; Kooth, is an online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.*

NACOA - *The National Association for Children of Alcoholics is a charity that addresses the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.*

Samaritans - *A unique charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide. Every six seconds they respond to a call for help. Every year they answer more than 5 million calls for help by phone, email, SMS, letter, or face to face 24/7, before, during and after a crisis.*

Surrey IAPTs - *Three of our local IAPT providers:
(Improving Access to Psychological Therapies)*

- *Dorking Healthcare Talking Therapies*
- *Centre for Psychology*
- *Mind Matters, Surrey*

Sports Area/Outside

Sports and recreational activities are an important part of resilience and known to help with many mental health conditions such as depression and anxiety. These can be found both outdoors and in the PE area.

Ashcombe Volleyball Club - *Offering volleyball for players of every standard as well as running teams in various local and national leagues. The flagship team play in the National Volleyball League Women's Division 2 South and they have a second NVL team playing in Division 3 S.E., based on players from the junior programme. The club enter all national age group competitions at Under 15, 16 and 18. Drop in for a game.*

Core and Calm Community Area - *A mix of pilates and mindfulness with Sally King of MANGO Education and Wellbeing Consultancy. Drop-ins welcome between 5.00-6.00pm.*

Dorking Forest School Rangers - *Mimi will be outside for the early part of the event, with Dorking Forest School Rangers, demonstrating the fun they have and the skills the children learn with this wonderful project.*

Dorking Rugby Club - *Have a go at a drop-in session with DRFC's community coaches.*

Dorking Wanderers FC - *Drop in to see Jordan and his team demonstrating skills and drills on the sports fields. They will share their stories about how sport can support mental, as well as physical strength.*

Little Yoga Place - *Kerri runs the Little Yoga Place in Dorking and will be holding a taster session in the Community Area between 6.00 and 7.30pm. The Little Yoga Place is a warm, friendly school inviting people to learn the many benefits of the body connecting with the mind in a calm nurturing environment.*

Mole Valley Girls FC - *The girls will be displaying their football skills in the Sports Hall and Club Members will be available to talk about the all-round physical and mental benefits for the girls.*

Meta Movement Parkour and Free Running - *Learn the physical discipline of training to move freely over and through any terrain using only the abilities of the body, through running, jumping, climbing and quadrupedal movement. Parkour uses functional strength and fitness, balance, spatial awareness, agility, coordination, precision, control and creative vision.*

Seminar Event Schedule

5.00pm:

R5 - How Kind is Your Mind?

Speaker: Kathryn Lovewell

R10 - Pathways Through the Mental Health Maze

Speaker: Dr. Peter Neil

R41 - Anxiety - What Is It and How to Manage It

Speaker: Leslie Lund

R42 - Dealing with Substance Abuse

Speaker: Catch 22

6.00pm:

R5 - 1 in 4 Have a Mental Health Condition, We ALL Have Mental Health

Speaker: Debbie Spens from the CWMT

R10 - How to Talk So That Others Will Listen and Listen So Others Will Talk

Speaker: Susan McGrath

R41 - Exploring the Risk Factors for Young Adults - One teacher's personal journey through eating disorders and self-harm

Speaker: George Peterkin

R42 - How They Might Help You - Your Friends and Your Family

Speakers: The Samaritans

7.00pm:

R5 - Body Image

Speaker: Holli Rubin

R10 - How Technology Can Support You and Your Family When Dealing with Mental Health Conditions

Speakers: KOOTH

R41 - Everything You Ever Wanted to Know About Self Harm

Speaker: Leslie Lund

R42 - What is IAPT and How to Access Support

Speaker: Dr. Gisela Unsworth from Mind Matters

8.00pm:

Ranmore Hall - Josh Connolly

Headline Speaker

Notes



Notes



DORKING
MINDS



Thanks

Many thanks to all the people that have made this event possible:

- Dorking Community Fridge
- Jon Snow and Celladour
- Mole Valley Asset Management
- Sainsbury's, Dorking
- Tesco, Dorking
- The White Horse, Dorking
- Two Many Cooks
- Waitrose, Dorking
- www.discountstickerprinting.co.uk

